

BENT RIM BUGLE

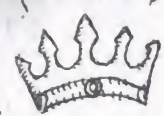


The official newsletter of the MMBA - Issue #74 - winter 06



Annual meeting/expo info pg. 7
2006 CPS info pg. 11

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THE KING

- KONA 41 4-BAR SCANDIUM BUTTED FRAMESET
- FOX FLODR 100MM TRAVEL FORK
- FOX FLOAT RP3 REAR SHOCK
- RACEFACE EVOLVE X-TYPE CRANKSET/BB
- FSA XC300 WHEELSET
- HAYES HFX-9 CARBON HYDRAULIC DISC BRAKES



LIGHTWEIGHT
CROSSCOUNTRY

HEAVYWEIGHT
RACER

NOT SO
LIGHTWEIGHT



FIG 1
KONA HYDRATION
PACK





The Michigan Mountain Biking Association (MMBA) is a 501-(C)(3) non-profit organization. We have 1,600 members in nine chapters throughout Michigan. The mission of the MMBA is to promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.

The Bent Rim Bugle is published four times a year (March, June, Sept, Dec.) by the Michigan Mountain Biking Association and distributed to all members. It is made possible by volunteers and riders like you.

Bent Rim Bugle

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Letters/Comments/Submissions
Bent Rim Bugle

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Visit the MMBA on the web, **new and improved** site, for contact information and much more.

www.mmba.org
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Cover photo by Bryan Mitchell

Mary Ann Martin | president@mmba.org

Fresh Dirt



Welcome to winter. Spring is almost here!

I hope you all get a chance to stop in at the annual meeting and expo February 12th and take in the presentations and the vendors and participate in voting for at large State Board members. The new limited-edition MMBA jersey will be unveiled at the expo as well. If you'd like to help out, setup is Saturday afternoon (February 11th). Please check the MMBA online calendar for details. We'll have free food for the setup crew again. Last year it was great having so many people come out for some pre-meeting socialization and a bit of work. There's also need for cleanup help directly following the meeting.

We have some pretty exciting things going on at the state level. Not only will we have a new treasurer and new legal counsel in January; the state board is embarking on the beginning of long-term strategic planning for the organization. The MMBA will always stand for furthering mountain bike access, but there has been some discussion of late about what the current role of the MMBA is in the state, what programs are viable and useful to advancing the cause of mountain biking in Michigan, and what direction the MMBA as a whole would like to proceed. The State Board will not be changing the mission of the organization, but we will be defining exactly how we plan to actively peruse that mission in the future. The board will also be working on producing an actual budget this year. Budgets don't sound terribly exciting, but they are necessary to the health and planning of the organization.

Thank you to all who responded to the requests for Treasurer and Membership Director. It is great to see qualified candidates step forward to volunteer to assist the organization! With that in mind, we're also looking for a web programmer for an exciting enhancement to our MMBA Trail Guide (this sounds like a fun project). Desirable skills include AJAX, MySQL, PHP, and the Google Map API. For more information, contact Todd Scott, execdir@mmba.org.

Wrapping up the past year. I'd like to thank all the volunteers at MMBA events and in MMBA programs, all the people who step forward to lead the MMBA at all levels, and all of the members who make this organization what it is today. We have a very varied membership, some long time advocates and some new to the cause, all of whom have on occasion, very different viewpoints of how we should proceed in mountain bike advocacy here in Michigan. We may not see eye to eye, but in the end I believe that by banding together and sharing our views we present a unified front in the fight to promote mountain bike access in Michigan. See you on the trail! - Mary Ann Martin

News from the Executive Director – Todd Scott

News from the MMBA Office

New Membership Software

The new on-line membership system is on-line though still being tweaked. You can join and renew with a credit card using a secure PayPal interface. You do not need to have a PayPal account for this. You can also get your MMBA member status on-line. The software sends emails explaining how to check, but if you have any questions, just send an email to membership@mmba.org. We also have new membership cards. Any one who has joined or renewed since November should have those by now.

Federal Trail Money RTP

We're looking to do something very different in 2006. The DNR gets a big (and getting bigger) chunk of change from the federal transportation bill. That money is for motorized and non-motorized trails. In the past we've relied on the local DNR parks to submit grant applications. Instead, we're looking to make specific requests for trail project money and review those with DNR Parks prior to the grant deadline. There's no reason we couldn't pull in significant funding for Island Lake and get some heavy duty equipment to totally rebuild and upgrade portions of the trail. It's a paradigm shift for us because we normally pride ourselves on being volunteers with mostly hand tools.

Trust Fund Grants

The Michigan Natural Resources Trust Fund announced a long list of grants. The MMBA and IMBA have been working with the Grand Traverse Regional Land Conservancy on the CMS Arcadia project. They secured a \$2.75 million grant for a conservation easement on the land. Oakland County got \$1.44 million to create a new park, Highland Oaks. We submitted a letter of support for that project and mountain bike trails are a planned addition to the park. The Stony Creek corridor is north of the Metropark. We also supported that grant and offered to build the initial bike/hike trail on it. The goal is to put a trail connecting Stony Creek, heading north, then west over to the Bear Creek trails, then over to the Paint Creek Trail and Bald Mountain. Besides these projects, there are quite a few new trails (mostly the developed variety) across the state. Noticeably missing is St. Clair County's park acquisition northeast of Richmond (Bauman Road Farms).

Comben vs. Michigan

This is a court case we've been following closely. It involves the State losing millions of dollars from oil and gas royalties. Today these royalties go into the Trust Fund and losing them would be disastrous. Fortunately the State Supreme Court has recently decided to hear the case. The MMBA has signed on to the Amicus Brief created by the Heart of the Lakes Conservancy and MUCC. We'll keep you updated.

Selling State Parks

Former State Parks Chief Russ Harding recently wrote a think-tank article suggesting that Michigan sell fourteen state parks.

His justification was the "Natural Resources and Environmental Protection Act states that the purpose of the Michigan state parks is to 'preserve and protect Michigan's significant natural and historic resources.'"

That's incorrect. According to current state law, that is only one of three findings by the legislature, not a purpose. The purpose is defined a few sentences later within the same section of law:

"The department shall create, maintain, operate, promote, and make available for public use and enjoyment a system of state parks to preserve and protect Michigan's significant natural resources and areas of natural beauty or historic significance, to provide open space for public recreation, and to provide an opportunity to understand Michigan's natural resources and need to protect and manage those resources."

There's common agreement that the State Park finances aren't in good shape and something needs to be done. However, selling off parks to pay bills isn't a popular idea. It seems Mr. Harding is practically alone on this one. Our Citizen's Committee for Michigan State Parks is looking at alternatives to solve this financial crunch and keep the parks open. Our long-term finance committee continues to meet every month to develop a solution that provides a permanent funding method. Stay tuned.

MRPA

As you may have read in our newsletter, the MMBA joined the Michigan Recreation and Parks Association (MRPA). Most MRPA members are parks and recreation directors, employees and planners from across Michigan. Being a part of the MRPA is just another opportunity to introduce the MMBA and mountain biking to parks and recreation decision makers in Michigan.

Here is some of what we've accomplished already or expect to in the near future:

- We now sit on the MRPA Trails and Greenways subcommittee.
- We now submit MMBA concerns on state legislation to the MRPA policy committee.
- The recent MRPA newsletter includes an article on our trail work at Rouge Park.
- Our Dan Harrison held a trail building workshop at the 2005 MRPA conference.
- Former MMBA legal counsel James Partridge is giv-



ing a trail liability workshop at the 2006 MRPA conference. The MRPA is "enthusiastic" about bringing IMBA to Michigan for an in-depth trail building educational session sometime next fall. Much of the work we do at the state or regional level doesn't involve moving dirt. It's more about educating decision makers, establishing a positive reputation, and just being at the table. We often plant the seed and get our foot in the door for the MMBA chapters to get new trail opportunities. And during the past couple years, I've learned first hand that parks and rec. people are an extended family. So in many ways, by joining the MRPA, the MMBA is joining the family.

Web Site Updates

Blame it on the Iceman effect! On Monday, November 7th we set a new record for most unique web visitors in one day -- 3,031. That's about a 100 more than the prior record set in October. This certainly reflects an overall rising usage trend. In October 2004, the MMBA site saw 1,547 unique visitors each day. In October 2005 it averaged 2,303 visits, a 49% increase. In response to the growth we've switched to a more powerful web host and we've optimized it for our increasing traffic load. We're also trying out Google Ads as a potential revenue source. And, Prentice Hall is using our Trails Guide as a sample web page in an upcoming "The Blair Handbook" on writing for the Internet. Hopefully they're using this as a positive example versus a "don't do this!" example.

North Country Trail

The North Country Trail Association has web forums similar to ours. They recently created a Trail Work discussion area on their [web site](#). It is supposed to be a "hidden forum for key volunteers who wish to discuss building and maintenance issues in private." Apparently they didn't set it up correctly and it wasn't so private at first. While in the forum I read this interesting post from a key volunteer within the Huron-Manistee National Forest segments. "I am no longer so certain that trail damage is mostly caused by mountain bikes. I also hike in the Sleeping Bear Dunes where bikes are not allowed on the trails. Trails in some areas are widened even more than anything I have seen on the NCT."

Beatle Found on Trail

Paul McCartney was recently in town for a concert at the Palace. While staying in Rochester he borrowed a bike and rode to Lake Orion and back on the Paint Creek Trail. He told others it was a pretty nice trail.

IMBA Report Card

Thanks to all 213 of you who voted in IMBA's state report card. That's 49 more votes than the next nearest state, California. Our score hovers between an A and a B with most voters saying trail access is improving.

MSU Trails DVD

Michigan State's Parks, Recreation and Tourism Department is developing a DVD about trails and their connec-

tivity with nature, health, community, economic development and the importance of safety in design and law enforcement. They invited us to participate, so Dan Harrison, Sarah Manning (Mountain Kids) and I spent some time shooting video at Island Lake. We don't have a DVD delivery date yet.

Trail Handbook Replacement

We're looking to replace the current Trail Handbook with a statewide map showing where the trails located and how to get there. Updating the Trail Handbook and its maps is a huge task and honestly it will never be as good as the on-line Trail Guide. Besides this new map will also include the standard MMBA membership brochure and save us printing costs. For this project, Adobe has approved our grant application for their Illustrator software. We're also looking for M-DOT grant funds to help offset the costs.

Thanks, Iceman!

We want to specially thank Steve Brown for letting the MMBA participate in the XTERRA Iceman Expo. It's always a great opportunity for us to get talk with racers, sell some MMBA gear, and help our bottom line.

DNR Heritage Activity

At a meeting, the DNR Parks Chief said he wouldn't be surprised if 20 years from now mountain biking will be viewed as a heritage activity on DNR lands just as hunting and fishing are today. Many within the DNR aren't too warm to that idea, but the park use demographics back that up. The hunting numbers are in decline while activities like mountain biking continue to climb.

Ash Borer hits State Parks

The Emerald Ash Borer is really starting to take its toll on trees within our state parks. In Southeast Michigan, the borer is attacking trees at Brighton, Pinckney, and Island Lake. DNR Park's plan is to remove ash trees around campgrounds and parking areas to minimize the immediate dangers from falling trees. Once the borers take hold, the trees die quickly and become very brittle. There are some state park campgrounds that contain 90% ash. It will be sadly devastating. What it also means for mountain biking is we'll see many more downed trees across the trails. From the DNR: "Although the emerald ash borer is a good flier, human activities are the primary cause of long distance spread. This includes moving infested trees, logs, and firewood. As a result, the Michigan Department of Agriculture (MDA) has quarantined all ash trees and ash wood products in the affected counties. This quarantine makes it illegal to move any ash trees or ash wood products larger than one inch in diameter outside of Livingston, Macomb, Monroe, Oakland, Washtenaw, and Wayne counties. If you have inadvertently moved ash wood products (including firewood) out of the six-county area, we urge you to contact the Emerald Ash Borer hotline at (866) 325-0023."

Get out and Ride!

The Vapor Barrier Hypothesis

By

Thumb Shifter

Introduction

Last winter there was much discussion (as I'm sure there is every winter) about how to keep one's feet warm on winter rides. Two opposing hypotheses emerged from these heated discussions, and the supporters of either hypothesis yielded no ground throughout the bitter dispute despite having little or no evidence to support their claims. The first was the vapor barrier hypothesis, and the second was the moisture-trapping hypothesis. It occurred to me that arguing over two competing hypotheses was silly; this was a situation that called for an experiment! And I believed I was just the guy to do it-- in part because I have two feet with which to run a controlled side-by-side comparison study.

The hypotheses and rationale:

The vapor barrier hypothesis states that a vapor barrier will prevent evaporation of moisture, which is actually what causes the cooling action of sweating thus keeping feet warmer. The moisture trapping hypothesis states that moisture from sweat trapped on the feet by a vapor barrier will result in colder feet than with no vapor barrier due to the foot becoming damp.

After reviewing the rationale for both hypotheses I, admittedly, leaned toward the vapor barrier hypothesis. By blocking the evaporative process a vapor barrier should prevent evaporative cooling. However, the scientific method has often demonstrated that conclusions derived purely from the observations of cold feet are often wrong and even counter intuitive. Therefore, I will conduct the following experiment:

Prediction

When used as a vapor barrier a plastic bag will, in combination with socks and cycling shoes, will reduce the discomfort associated with the exposure of feet to sub-zero (Celsius) temperatures while riding a bicycle on multiuse trails.

Materials & Methods

- 1 Yeti mountain bike (model ASR-SL, Yeti Inc. Golden, CO)
- 1 mountain biker with two feet (one left and one right) and outfitted with the appropriate polypropylene underwear and other appropriate gear
- 1 pair polypropylene liner socks
- 1 pair wool-polypropylene blend socks
- 1 pair of cycling shoes Shimano SPD size 42 (European)
- 1 plastic bag (Gallon size, 10 inches x 14 inches, Kroger Co. Cincinnati, OH)

Procedure

A volunteer mountain biker was outfitted with the materials listed above including standard clothing and protective gear i.e. a helmet. Each foot wore a polypropylene liner sock under a thicker wool-polypropylene blend sock. However, one foot was also outfitted with a plastic bag as a mid-layer vapor barrier between the liner sock and the wool blend sock. To make this a truly random trial a coin toss was used to determine which foot, left or right, should be outfitted with the plastic bag as the vapor barrier. The left foot won the toss and elected to wear the plastic bag on the first trial. The plastic bag was worn by the right foot on the second trial. This study was attempted as a double blind study (to control for reporting biases) in which neither the experimenter or test subject knew which foot was

wearing the bag, however, it proved impossible to conceal which foot wore the bag because it made an annoying crinkling noise with each step.

Once outfitted the volunteer took both feet along with the Yeti mountain bike to a trail selected totally at random and expose the feet to sub-zero (Celsius) temperatures while riding a multipurpose trail for approximately one hour. Two separate trials were run at two different trails according to the procedure above, Novi's Lakeshore Park and Island Lake Recreation area. The comfort level of each foot was monitored and recorded at the same times: before and after the exposure, as well as midway through the ride. The relative comfort level of each foot was recorded from most comfortable to least comfortable as follows: toasty, comfy, tolerable, chilled, numb, frozen, unresponsive, frostbitten, gangrenous. The outside temperature (in Celsius) was also recorded at the beginning and end of each trial.

Results

The first trial was run on January 30th at the Lakeshore Park Trail in Novi at 4:45pm with the bag on the left foot. The temperature at the beginning of the ride was 0 C and at the end of the ride it was -2 C. At the beginning of the trial the test subject reported that both feet were toasty, but quickly changed his mind to comfy at best. When asked if there was any difference between the left or right foot the subject claimed there was not. By mid ride the subject reported that both his feet were somewhere between tolerable and chilled, and that maybe the left foot was slightly less chilled. By the end of the ride the subject reported that both feet were definitely chilled with the right foot leaning toward the numb side. It should be noted that the subject took a considerable time to decide upon the condition of his feet.

The second trial was run sometime in February at Island Lake Recreation Area in the late afternoon or early evening, take your pick. The temperature was similar to that of the first trial, and when asked about the comfort level of his feet the test subject, now with the bag on the right foot, replied, "about the same as last time". When pressed about the difference in the relative comfort level of each foot at the mid-point of the ride the subject replied, "I don't know. Maybe the right foot is warmer." When the importance of this study to posterity was explained to the subject he made some irrelevant comment and rode off at a rapid pace. No post ride measurement was taken. It should be noted that the subject seemed less cooperative on this trial.

Conclusions and Discussion

In two independent trials with two separate feet a vapor barrier produced no dramatic difference in the comfort level of a foot when compared to the accompanying paired foot with no such barrier. However upon removal of the bag from the test foot the liner sock was rather damp, clammy and malodorous resulting in evacuation of the mobile research facilities.

Because our results failed to support either the vapor barrier hypothesis or the moisture trapping hypothesis at temperatures near freezing an additional trial was scheduled for later in the year, some time in July. However, the test subject refused. We also sought to investigate alternative footwear designed for cycling in inclement weather such as winter riding boots. We have attempted to acquire a pair of these boots for scientific posterity. However, the test subject's wife reported that at a cost of more than \$200 such a pair of boots would give her cold feet. She did, however, suggest that purchasing a second pair of cycling shoes useful only for riding a bike in winter, at a cost of over \$200, could be justifiable once he had won the lottery. Thus, our final conclusion for keeping your feet warm on winter rides is to keep buying those lottery tickets.

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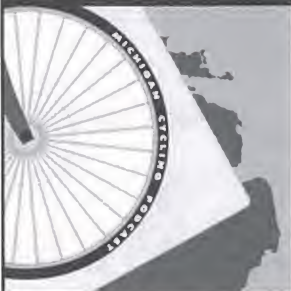
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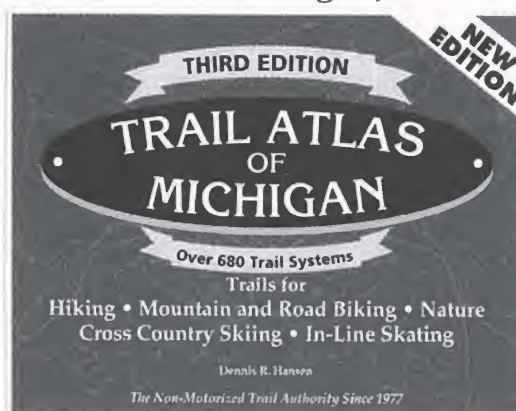
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MICHIGAN MOUNTAIN BIKING ASSOCIATION

ANNUAL MEETING & EXPO

February 14, 2005

Springfield Oaks County Park

Davisburg, MI

Guest Speakers:

Chris Eatough - Trek's endurance machine and Jef Mallet, creator of the nationally-acclaimed Frazz comic. Jef will be autographing his new book, Frazz : Live from Bryson Elementary.

Swap Meet

Buy and sell!!! Bring your goods and grab a table!
10:00 a.m.

Get a table to sell your stuff for a \$10 tax-deductible donation to the MMBA!

Awards!!!

Ed Berta/First Across the Finish Line/
State-wide Volunteer of the Year
& Championship Points Series!

Prizes

Get in the Raffle!!
Get in the Raffle!!
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If you want to volunteer and help with annual expo, contact
Mary Ann Martin,
hollyflint@mmba.org



For More information contact: hollyflint@mmba.org or visit www.mmba.org

MMBA ANNUAL EXPO

| | | |
|-------------------|----------------------|--|
| Schedule | | Saturday, February 11th Exhibitor setup: 3:30 PM until 5 PM Sunday, February 12th Building opens: 8:30 AM Expo opens to public: 10 AM until 1 PM Presentation/Awards: 1 PM until 4 PM Product Raffle: 4 PM |
| Attendance | | 600 to 800 mountain bikers expected |
| Exhibitor | We provide | 10'x10' space with 8'x3' table, and chairs. Multiple spaces are available. |
| | Cost | <ul style="list-style-type: none"> • Minimum \$250 (retail) product donation to raffle per space. No charge for non-profits (space is limited.) • Note that some MMBA corporate memberships include free display space. • An MMBA representative will collect the donations Sunday morning. |
| | Announcements | Please provide brief written text describing your organization or donated product that may be used by our meeting announcer. |
| Deadline | | First come, first served. |
| Contact | | Todd Scott, execdir@mmba.org , 248.288.3753 |

Featured Speaker, Trek's Chris Eatough



Chris Eatough takes on the crazy mud and terrain at Snowshoe Mountain, West Virginia during the NORBA National race in August of 2005.

Photos by Bryan Mitchell | mountainbikephotographer.com

Annual Winter Ride
Grab your snow bikes and ride beautiful Pontiac Lake—9:00am.
Then head to the Expo after!

In the history of 24 hour endurance racing, no other rider has proven to be as dominant or successful as Chris Eatough. With five solo world championship titles and two national solo titles to his credit, Chris has already been likened to as the Lance Armstrong equivalent of the rigorous circuit of 24 hour racing. Besides his talent as a racer, he has also proven himself highly adept in providing Trek with valuable R&D feedback.

Besides his 24 hour endurance talent, Chris is also an established top ten rider on the NORBA XC circuit as well.

2005 Highlights:

- * NORBA National Marathon Series champion
- * Won sixth consecutive 24 Hour Solo world championship title
- * 2nd overall NORBA Super-D series



Chris finishes the XC race at the Snowshoe NORBA race.

The MMBA and Racing: Justifying the Involvement

It's a commonly asked question: If the MMBA is an advocacy organization, why does it have a race series? Why is the MMBA putting resources into racing rather than trail work?

The reasons are straightforward. We're in it for the money, the memberships, and the exposure – as long as it supports our mission. There will always be mountain bike racing in Michigan and it makes sense for us to get out of it what we can.

The Money

The Championship Point Series (CPS) is a financially self-supporting MMBA program. In other words, the racer and promoter fees cover the cost of the program at the state level. MMBA Membership dollars do not support the CPS.

At the chapter level, the Yankee Springs and Fort Custer trail benefit races bring in thousands of dollars each year. That money is earmarked for trail maintenance and improvements. While these races could exist without the CPS, our research suggests their attendance would suffer greatly and they would not generate as much income.

The Memberships

The CPS sells MMBA memberships. In order to participate in the CPS rankings, racers must be MMBA members. In 2005, roughly a quarter of the MMBA membership registered for the CPS and some percentage of these racers might not be members if the CPS did not require it.

And from another perspective, the CPS is simply another perk that adds value to an MMBA membership.

The Exposure

Racing brings media attention to our organization and sport. It brings people to our Annual Expo (for their CPS awards.) It brings a significant amount of traffic to our web site, which generates advertising dollars. Much of what the MMBA does is to get our name and mission out in the public eye and racing is a great way of doing that.

One Caveat

Because racing tends to be high-profile and sexier than trail advocacy, some individuals might mistakenly perceive the MMBA solely as a race organization. The approach we take is giving our other programs a higher profile wherever we can and making sure we stay true to our mission.

The 2006 CPS

Could we do better? Definitely and the CPS Committee has been making changes for the upcoming season so that the MMBA gets even more from the series. There will be fewer races and an additional trail benefit race.

We're taking cues from other mountain bike advocacy groups that have refined our CPS model.

Back in 1991, the MMBA was the first advocacy group to host a race series. Other groups have used the CPS as a model. One of those groups is the Southern Off-Road Bike Alliance (SORBA). They promote three of the races within their series much like the Southwest Chapter promotes the Fort Custer races. In turn, SORBA generates one-third of their operating budget. According to their director, it's a lot of work but it generates a lot of income for the organization.

Will the MMBA have a forever have a CPS? No one can say for sure. But, as long as it provides a benefit to the MMBA mission, it's a combination that just makes sense.

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other prizes with TREK's
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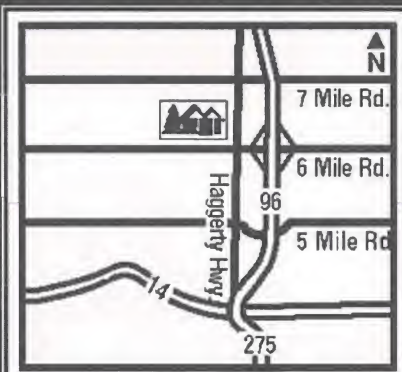
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Basic Mechanical Skills, Tires, and Tubes

Wednesday, January 25th at 6 PM

REI Northville

Thursday, January 26th at 6 PM

REI Troy

Please check www.rei.com for additional dates of future Park Tool School classes.

WWW.REI.COM



2006 MMBA Championship Point Series Schedule

In the spirit of bringing Michigan's premier grassroots racing series back to it's advocacy roots - we are pleased to announce the 2006 MMBA Championship Points Series schedule:

Sunday, April 23rd
Yankee Springs Trail Benefit – TT



Sunday, May 7th
Fort Custer Stampede Trail Benefit –XC



Sunday, June 4th
Hanson Hills Challenge - XC

Saturday, July 8th
Boyne Challenge – Marathon XC

Saturday, August 26th
Maybury Trail Benefit – XC



Sunday, September 24th
Addison Oaks Fall Classic - XC



We're making improvements in 2006! We've introduced a new venue, Saturday races, improved race day logistics and endurance based XC races. More details to follow soon – so stay tuned!

Our goal is to bring the value of the MMBA CPS – back to the racers, their families and back to the trail. To this end the 2006 race schedule will help increase fundraising for trail advocacy. Money generated by the Trail Benefits will directly fund ongoing MMBA advocacy work and trail improvements.

Your trails, your backyard – all supported by you and the MMBA.

2005 MMBA CPS top racers

Elite Open

PETER EHMANN
JOHN MEYERS
ROBERT A HERRIMAN
GREG KUHN
JUSTIN DESILETS

Expert Women

KAREY COLLINS
ANTONIA MUSTO
AMY STAUFFER
CHENOAH HENDERSHOT
SHIRLEE FINCH

Expert Men -19

KYLE STANGE
ADAM RAPHAEL
LAWRENCE K WARBASSE

Expert Men 20-29

DAN J SYPNIEWSKI
REID ARNOTT
DAVID BEST

Expert Men 30-39

REGGIE CARVETH,
DANIEL F KOTWICKI III
JASON BOWNE

Expert Men 40+

PETE FAVATA,
J SCOTT STEURER
JOHN WOJTLA

Single Speed

ERIC TOMPKIN
KEVIN LAROE

Sport Clydesdale

EARL ADAMS
THOMAS MCGOVERN
JAMES TAYLOR

Sport Women -29

ERIN VICARY
LILY WISSMAN
TRACY WALKER
SHELLEY CARLIN

Sport Women 30+

LINDA J MARTIN
SHARIL SCURR
ANDREA BALDING

Sport Men -14

CORY STANGE
RAFAEL KRONENBERG

Sport Men 15-19

CASEY KLEYMEER
CURT HOGAN
BRENDEN MURPHY

Sport Men 20-29

RANDALL ZAJAC
MATT FRYMIRE
MICHAEL DAVIS

Sport Men 30-34

ROBERT C MICHAEL KELLER
MATTHEW B MCCLUSKEY
HARVEY SANTANA

Sport Men 35-39

TODD SIETING
JON TODD HEFT
ERIC B HOLMES

Sport Men 40-44

TIM BONNELL
SCHULTZ
ANDY BILL KLUMB

Sport Men 45-49

STEVE KINLEY
GREG SOUTHWELL
PATRICK SZUBIELAK

Sport Men 50+

BILL LINDHOUT
TERRY FARNSWORTH
JOE REDDY

Tandem

ROBIN A SCURR
JOEL MILLER
TERRY LOVEDAY

Beg Clydesdale

PATRICK AUDET
STEPHEN KESKES
KENNETH BOYD
PHILLIP DAVEY

Beg Women -14

HILARY BARTZEN
SAMANTHA SOUTHWELL
MICHELLE WITTBRODT

Beg Women 15-29

JENNIFER FISCHER
KRISTIN BECK
KELLY NAGY

Beg Women 30+

JANET GRIMM
LYNNE BROWDER
CATHERINE M NEEDHAM

Beg -10

MATTHEW DUTZAK
MATTHEW WITTBRODT
KARA BROWDER

Beg Men 11-14

MICHAEL DUTZAK
ALEX LANSTRA
CHRISTOPHER AVALLONE

Beg Men 15-19

KOREY LAROE
JORDON CLANCHE
ANDREW WEBER
GREGORY GABLER

Beg Men 20-29

JAY CAMPBELL
BYRNE JOHNSON
JEFF PATROSSO

Beg Men 30-34

SCOTT GISSENDANER
SCOTT CALLENS
BRIAN W RICE

Beg Men 35-39

ZOLY BARABAS
DAVID VACCARO
BRIAN LEONARD

Beg Men 40-49

JAMES M IRELAN
MARK JUDD
DAN ADKISON

Beg Men 50+

MATTHEW WALDNER
WILLIAM ATEN
MICHAEL R CORNELL

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Single pivot has less flex, less sticktion and requires less maintenance than multi-pivot designs

SPV tunes pedaling efficiency independent of bump compliance

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Available in both 4x4 and 5x5 suspension configurations

ZR9000 Platinum Series tubing is lighter and stronger than both 6061 and 7005 aluminum

Larger 25mm bearing surface lasts longer, is more rigid, and distributes the load over a bigger area

LIGHT MEETS ALL-MOUNTAIN.

Cake

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Chapter Chatter

Holly/Flint Chapter News

For the second year we will have the Annual Meeting Setup Pizza party Saturday February 11th at Springfield Oaks in Davidsburg; once again, the Holly/Flint Chapter is hosting the event. Check the MMBA calendar online for details. We had a great crew show up last year and got the party...um...setup done in record time. Many hands made the work go fast.

Also keep an eye on the calendar for the first trail day of the season, The Holdridge Lakes Chainsaws and Chili in March! Perhaps you've noticed that in the fall there are a number of trees down on the trail at Holdridge that aren't touched after a certain time. I've been asked why that is. Holdridge Lakes trails run in areas open to hunting. Our trail days generally fall on the weekend and that is prime time for many hunters to get out in the woods during their short season. We choose to not do maintenance during most of the fall hunting seasons to allow the hunters their time in the woods. We have a big trail day in March to get as much of the winter deadfall as we can off the trails. Come on out and get your trail hours in early!

By the time you read this, we will have had our winter meeting. New officers will be in place and our trail dates should be coming online along with plans for the year. We will be holding a trails 101 class at Holdridge this spring to get things moving on several maintenance projects that are outstanding. Jeff Colombo is joining Tony Klein and Krug Neilson as a trail coordinator at Holdridge Lakes. Welcome aboard Jeff! We are still looking for a trail coordinator for both a new family trail in Grand Blanc. Looking back on 2005 we did a great job at both Holdridge and Ruby campgrounds. The Ruby crew did a great job extending the trail and are learning more about trail layout and creating maintainable trails. At Holdridge, I think perhaps this is the first year in a long time that we managed to trim all of Gruber's Grinder and kept up fairly well with all of the trails. This year we were also happy to receive help from the DNR in maintaining the trail! We have some exciting plans for the trails there and at several other parks in the area with existing trails that we will be looking at as well this year to improve riding in our area. Looking forward to riding after the spring thaw!

Mary Ann Martin

President Holly/Flint MMBA

Northern Chapter News

It has been a busy year in northern Michigan. In late August we paid a visit to YMCA Camp Hayo-Went-Ha. What a facility! They have 640 acres of property with two miles of frontage right on beautiful Torch Lake. There is much potential for a great trail with lots of fast switchbacks and good climbs. We will be helping them build new trails starting next spring. If you are interested in helping out, please contact me at: north-ern@mmba.org

The 2nd annual Michigan Bike Festival took place this past September at Hanson Hills Recreation Area in Grayling, Michigan. On Friday night festival participants were greeted to the sound of the legendary Jelly Roll Blues Band. Once voted the best local band in Northwestern Michigan, Jelly Roll sure knows

how to entertain the crowd. Saturday morning started out with an all you can eat pancake breakfast. After breakfast riders had a chance to participate in a variety of activities. Road and mountain bike rides; bike games and family events were the rule of the day. Cannondale was on-site with a huge trailer full of bikes and gear. If you ever wondered what it was like to ride a brand new top of the line road or mountain bike, this was your chance.

More music followed in the evening with great performances by both Blues Burner and Yankee Station. Sunday provided more of the same, or if you were looking for something different to do, a canoe trip on the AuSable River. Be sure to mark your calendar for September 15 – 17, 2006 as next year's Michigan Bike Festival is an event you won't want to miss!

On October 1st the Northern Chapter hosted its annual High Country Pathway Fun 50 Epic Ride. Eight hearty riders were greeted to a perfect fall day as they set out for an amazing 50-mile ride. For those of you who are unfamiliar with this trail, the High Country Pathway passes through a variety of woodlands and wetlands containing massive groves of silver beech, tamarack swamp and leather leaf bogs, a handful of hilltop views, and many streams, rivers, and lakes. This area is home to beaver, black bear, bobcat, pine martin, snowshoe hare, wood ducks, pileated woodpeckers, bald eagle, deer, wild turkey and the largest elk herd east of the Mississippi River. Many riders think this is some of the best and most scenic mountain bike riding you will find in Michigan's Lower Peninsula! If you missed riding the HCP with us this year, join us on June 24, 2006 for our Summer Solstice Ride.

Jamie Green

Northern Chapter President

<http://www.mmba.org/northern/>

Southeast Chapter News

Maybury:

Many of you may have noticed the changes at Maybury this past few years and we are coming to an end of necessary re-routes. The trail has seen a pretty good re-birth with trail users and park users as well. Including a demo day last May and the first ever race will be held in August 2006 (see MMBA CPS schedule). We have a few more areas that have preliminary been walked by MMBA and DNR staff and we'll pursue those again in the spring. Now the bad news is our long battle to re-open the MTB trails to winter usage is still on hold. Luba Sitar (DNR District Manager), put the kibosh on our proposal after seeking out glacial soil geology survey to determine the soil type. While some good and points were discussed the best part of the meeting was we know have a firm target to work towards. The proposal is not dead, but still on hold while we look to make these changes as requested. Look for workdays to be posted on the MMBA Bulletin Board and Calendar.

Lakeshore Park (AKA Novi Tree Farm):

Dave Cox and Shannon Flynn took over as trail coordinators this year and have done a fantastic job. Their crew of Team Tree Farmers worked hard to finish up the bridges, host a race, help the city install really cool new signage, build a new kiosk, and host the annual BBBB...I don't think

we can say thank you enough for all of your efforts and the TTF's support. I think there is only one or two small re-routes or new trail sections planned, look for workdays to be posted on the MMBA Bulletin Board and Calendar.

Stony Creek:

The few short workdays held last fall went over big and a lot of much needed work was accomplished by our great volunteers. The bridges and boardwalk sections were refurbished, eroded areas of trail were worked on, and the an additional trail kiosk was installed. The bad news is we are still waiting for official approval from the park management to build the long awaited skills park...but don't have any hard dates as yet. Look for workdays to be posted on the MMBA Bulletin Board and Calendar.

Rouge Park Project:

A project headed up by Harvey Santana has been approved the M.O. U. is signed with the City of Detroit and the first mile has been built. The trail and park offer some unique terrain and features...all of which will be put to good use I am sure. The SE Chapter FR Committee has even take some time to pre-plan possible FR features as well. Look for workdays to be posted on the MMBA Bulletin Board and Calendar.

Hickory Glen Park (Commerce Twp.):

This is a unique little trail that offers the late and early season riders a reprise from mud and ice. The soil at Commerce (HGP) drains very very well...making it an ideal fall/winter/spring trail. The major highlight for the year was the SE-MMBA trail school held in May. Thanks Dan Harrison and Shannon Flynn and all the Trail School Grads. These people all helped to create a new section east of the floating bridge, as well as adding the re-route across from the football field. It was a great day with lots of learning and hard work and those sections are fun to ride! We even saved a few "Jack-in-the-Pulpits!" Thanks to Jamie (AKA Rockymtn) for remedying the perennial muddy section with broken concrete, and a new banked curve was installed near the cell tower this fall, along with the replacement of (3) much needed ground marker signs in that area. The trail should be generally ride-able through the winter, chainsaw willing! Special thanks to Jeff Shotwell for his Co-Trail Coordinator blood-sweat-and-tears-and-beers this year!! Look for workdays to be posted on the MMBA Bulletin Board and Calendar. Ride more in 2006! Don't be shy to get out and try it Tim Slabach (Trail Coordinator Hickory Glen Park - Commerce Twp.)

Bald Mountain

Since George has been doing a great job maintaining the trail with help from a few volunteers. But he can always use more help to keep this trail trimmed and clear for riding. Please e-mail myself or George if you can help him out. tbaldmtn@ameritech.net or southeast@mmba.org Look for workdays to be posted on the MMBA Bulletin Board and Calendar.

Island Lake

Dan Harrison, John Burt, and Myself (Mike Flack) had taken on the task of working with the newest DNR officials at ILRA and have begun the approval process for several re-routes. Some are easy and some are going to be engineering marvels. Look for spring workdays to be posted on the MMBA Bulletin Board and Calendar.

Highland

This trail is what it is...a good challenging terrain with natural features to point out the fact that you really aren't that good of a rider or that you are out of shape. This trail that has always been considered for more advanced riders this still holds true due to the help of several dedicated volunteers. Please help us keep this trail the way it is...**DO NOT REMOVE ROCKS, LOGS, or TREES.** This trail is meant to be challenging.

Mike Flack

Southeast Chapter MMBA Pres southeast@mmba.org

Southwest Chapter News

The Southwest Chapter has lost one of its members. Erin was the type of citizen we all wish to be. She was there for the majority of work days and attended the social events as well. She was a regular on our Thursday night rides even when skis or snowshoes and lights were needed. On weekends we sometimes carpool to more distant trails for the challenge of doing something unusual. Erin would attend these, and bring her Sons on some of these trips. Teen aged boys are invincible. With pent up energy in the burst mode available at a moments notice. They have an invisible protective coating of testosterone that prevents injury in the event of a fall or just pure stupidity. Imagine yourself fast and reckless riding the Poto for the first time bunny hopping roots and speeding along. Then predictably, a few miles into the ride you are Gulping great volumes of oxygen through your mouth thinking to yourself "Good time to walk this hill and let the ancient ones catch up". Reality check! Your mother is right behind you, up on her pedals, pushing fast gears, she passes you like you're standing still, and waits for you at the top. What a great mom! At her memorial celebration I heard the words "mentor and roll model" several times. Erin was able to balance her career and motherhood with trail riding and civic duty. Her karma is significant, her accomplishments great, her peers few. May she ride downhill in the peaceful valley and fear no obstacle. Mary Erin Shepard, aka Erin Werner, 1960 - 2005. I pray we meet again in heaven for yet another ride.

This is the issue that comes in January. You may not be a winter person like me, but consider this. Are you sun burned, bee stung, mosquito bit, sweating profusely, or suffering from hay fever? Then you have no excuse. Come to the MMBA annual meeting. It is undoubtedly the best cycling event of the winter. Before the awards in the afternoon there is a swap meet, bargains galore, and a winter ride. Several booths and displays surround the seating area with plenty to see. I hope I see you there.

Western Chapter News

After several years of meetings at Brann's in downtown Grand Rapids (thanks to Brann's), the chapter moved their meetings to Rockies Tavern at 633 Ottawa in Grand Rapids. The 2006 Schedule of meetings is: January 9, March 13, May 8, July 10, September 11, and November 13.

Scott Peterson and Rick Plite have plenty of volunteer hours racked up for their work at Luton Park in Kent County. Scott and Rick GPS'd the trail corridor and are in ongoing discussions as to when the chapter can actually cut the trail. Stay tuned. Otherwise it was a light year for trail activity. There were a couple trail days at Yankee and Randy Merren and his team in Greenville completed their trail in the city owned parkland. They also used some carsonite signs for marking and direction.

The chapter has permission to add carsonite signs in Bass River. We could use a volunteer to GPS this trail system as well prior to installing signs. If someone is interested, contact Dennis at western@mmba.org.

Scott suggested an action list- The chapter will send out mailing and bulletin board postings to solicit action items list for advocacy from chapter members (such as trail proposal targets in member's areas and neighborhoods) as well as trail maintenance issues.

Communication- questions were raised as to a blog or other communication device. Chapter members wondered if the chapter pages could be more prominently accessed on the web. The only mechanism for this is the links that are currently provided. It was also suggested to have chapter sections on the Bulletin Board much as we have for "advocacy," "racing," etc. This has been forwarded to Todd Scott, but he is backed up with other projects at this time. Another option is Yahoo groups- we could create a Yahoo group that would be able to send mass updates, but everyone would have to create a Yahoo email for this to be effective.

The chapter is accepting proposal submissions from various race timers and promoters for the 2006 Yankee Time Trial Benefit Race. Interested parties should send an email to western@mmba.org. Time is short as we'd like to make decisions in December.

Annual chapter elections were held. Kim Peterson has agreed to stay on as chapter treasurer until the state process for central accounting is implemented. After that point, the chapter will need to hold another treasurer election as Kim would like to hand this off to someone else. (Thanks to Kim for doing this the past three years or so). Secretary - Seth Winner volunteered and was elected as secretary. Nate Phelps volunteered and was elected Vice President, succeeding Scott Peterson. (Thanks to Scott for standing in there for two years). Dennis Murphy re-elected as chapter president.

Volunteer of the year was a unanimous decision to award to Scott Peterson for the hours of work and communication put in at Luton Park and dealing with the county officials. (Rick Plite a close second and deserves an honorable mention).

The 2006-7 CPS representative position still available- anyone from the chapter interested- the role would entail being involved in the 2006 season races and be the chapter point person for planning of 2007. Several meetings are held throughout the year, but much work has been done by conference call, email and bulletin board posting.

Dennis Murphy will also be serving on the Kent County Millennium Park Committee. Committee selection has been made but no dates or times have been set for meetings yet.

LMB New Executive Director



The League of Michigan Bicyclists is pleased to announce the selection of Rich Moeller of Pulaskee, PA, as LMB's Executive Director. Rich comes to LMB from a 36-year career as a YMCA administrator and as a tireless and effective promoter of bicycling. Over the past 27 years he has spearheaded the creation

of dozens of bicycle organizations, programs and events. His current service as president of the Lawrence County (PA) Cycling Club, and past service as Vice Chair of the Minnesota State Bicycle Advisory Board, are just two items from his vast cycling resume. We are elated to bring Rich on board to lead LMB. He brings to us an extraordinary combination of management skill and experience, passion for bicycling, understanding of how to make a community and state bicycle-friendly, and boundless energy.

Says Rich, "I can think of no better way to use the skills I have developed in my YMCA career than to channel them into what has been my life-long passion -- bicycling. I relish the opportunity to promote bicycling and the rights of bicyclists in Michigan."

For the last three years, Rich has been employed as CEO of the Shenango Valley YMCA in Hermitage, PA, where he directs bicycle camps for children and regularly cycles to work. Over the previous 17 years, he served as chief executive of YMCA facilities in New York City, northern Indiana and northern Minnesota. Wherever his YMCA career has taken him, he has been heavily involved in local bicycling activities.

Rich will assume his LMB duties no later than January 3, 2006. He succeeds the late Lucinda Means, who passed away unexpectedly in April of this year.

A Chat With Frankie Andreu

Interview by Shannon Flynn



Native Michigander, Dearborn resident and one time US Postal team captain was at the Rouge Park Trail dedication on October 8th. Following the dedication that included the deputy mayor I was able to ask Frankie a few questions for the BRB. I

could see in an instant that he was pretty enthusiastic about having an off-road opportunity practically in his back yard because as I approached him to introduce myself I heard him telling Todd Scott, "I'm looking forward to riding it and helping maintain it."

SF: Hi Frankie, thanks for coming out and supporting the MMBA. I'm curious, how many of the Postal riders had mountain bikes?

FA: All of them have mountain bikes. We got them from TREK with our other bikes. Really all the Americans have them. I'm not sure about the euro guys. George is a really good mountain biker.

SF: A lot of mountain bikers have been getting road bikes and cyclocross bikes as training aids. Are many road bikers getting mountain bikes for cross-training?

FA: Yeah, it's a different sport. It breaks it up [training].

SF: I read your blog entry about the Iceman from back in 2000. I thought it was pretty faltering to mountain bikers that you thought Iceman was such a hard race.

FA: It was hard; there are some good guys in that race.

SF: Speaking of hard races, some days on the Tour de France look like pure hell, are there ever any fun days?

FA: It's never Fun. It's enjoyable, but not fun (relaxing). There is just so much pressure, and media, and you have to be so focused on descents and work so hard on the climbs.

SF: When I'm watching the Tour on OLN it just doesn't look like other teams are there with their leader like the Postal riders. Did other teams work as well together as Postal? Did Postal invent the support the team leader concept?

FA: The other teams are working hard to support their leaders too. Postal didn't invent the support concept. They took it to the next level, but they weren't the only ones working together.

SF: Other guys seem to sacrifice so much for their team leader. How do teams keep up the motivation for domestiques? What

are their personal goals?

FA: They get respect, and they get paid. There are a lot of perks that go along with being on a winning team. There are 100 to 110 races a year, and only 21 days were just about Lance.

SF: There are so many great European names on the tour that for whatever reason are unheard of in the states. What was your favorite?

FA: (laughs and says some bizarre name) from Uzbekistan.

SF: Could you spell that?

FA: No.

We both laugh. A few people were listening in and someone piped up with a spelling, A-D-B-D-O-U-J-A-P-A-R-O-U. I checked it when I got home, and found out Frankie was referring to the three-time Green Jersey (sprint) winner of the Tour de France Djamilidine Abdoujaparov. Not that I could pronounce it, but it sounded cool when Frankie said it.

SF: I saw on your web site that you are running training camps. Do you get any mountain bikers?

FA: Yes.

SF: When and where is your next camp being held?

FA: You can find out all about the camps at discoveradventures.com click on the P.R.O. series Brand.

SF: You've ridden all over the country, is Michigan bike friendly compared to other states?

FA: (laughs) Michigan ranks pretty low, there's just no patience.

SF: The weather in Michigan is a challenge to off-season training too compared to a lot of other states. Did you feel you were at a disadvantage living in Michigan?

FA: Early in the season I had to be realistic. I knew I wouldn't be in their condition. Once I turned pro I had to go to warmer climates to train.

SF: What was, or is, your favorite ride or event here in Michigan?

FA: (takes a long time to think about this one) The Tour de Michigan was a big series here.

SF: With all the racing you did and turning pro did you have a chance to go to college?

FA: I made a deal with my patents when I joined 7-11 that I'd go to college in the winter. I went for a couple years.

SF: I saw that your first pro team was 7-11. Were you a part of those first American teams to race the Tour?

FA: I wasn't a part of that ground-breaking group. I didn't go over until '89.

SF: How old were you then?

FA: About 24.

SF: What could be done to bring back a US race like the Tour DuPont?

FA: We have the Tour de Georgia. Medallist Sports put on the Tour DuPont and it does Georgia now. They put on a great race.

SF: So can we expect to see you and the rest of the OLN crew reporting from France come next July?

FA: OLN is committed to do the Tour in '06, they have the rights until '08 so next year will be decisive, meaning the ratings.

SF: Oh hey I can't believe I almost forgot to ask about *the man*, so just how funny is Bob Roll in person?

FA: Roll is funny all the time, he is always joking around, crazy guy that he is. He's personable just like you see on TV, but toned down.

I had a nice time talking with Frankie and I spent the next week telling my cycling buddies, "Hey I got to meet Frankie Andreu on Saturday". Most of them wanted to know what he's doing these days. I didn't directly ask that, but I think I got a pretty good idea. He's raising his three kids in his hometown of Dearborn, Michigan and he's riding his bikes for fun. In fact he did Iceman again this year. Coming in at 1:40:49 isn't half-bad for a 39 year-old roadie.

The first section of the Rouge trail is ready to ride now, and there will be even more trail by next fall. Frankie has already ridden it and said it was "awesome". If you go ride out there, particularly in the fall, you just might see Michigan's favorite son (of cycling) -- on his mountain bike.



Frank Andreu, right, Frankie's dad, on the left, and his coach Pierre happened to ride by the Rouge Park event. Both were very excited to have a mountain bike trail near their home.

Rouge Park Trail Update

The first mile of singletrack is one bridge and a turn away from being complete. This trail segment runs from Tireman to Joy Road, parallel to W. Outer Drive.

October 8th was our Groundbreaking Ceremony. Detroit's Deputy Mayor Anthony Adams, Wayne County Commissioner Alicia Bell, and former USPS Team captain Frankie Andreu were our guest speakers. Commissioner Bell presented the MMBA with a county resolution in support of what we're doing.

Sarah Manning of our Mountain Kids program brought along a surprise for one of our most dedicated trail volunteers, Anthony. With the help of South Lyon Cycle, Sarah and husband Matt refurbished a surplus Mountain Kids bike. Anthony's already ridden the new trail segment and gave it a thumbs up.

Thanks to everyone who participated in the Rouge groundbreaking ceremony and trail days this weekend. We got a lot of work done. We still have a bridge and some switchback turns to build, but this first mile of trail is really shaping up - and it ain't easy!

One of the highlights was when Sarah Manning of our Mountain Kids program gave a surplus bike to trail worker Anthony. He was totally surprised. We owe a big thanks to **South Lyon Cycle** for helping provide the parts and donating a helmet, bottles, and a bike lock. And also, we owe thanks to Sarah and husband Matt for rebuilding the bike so quickly.

Another highlight was when Sue Moretto flagged down a couple veteran mountain bikers who were riding past. We talked with them a while and I told them they should have been here earlier and met Frankie Andreu. The one guy looked at me funny and said, "That's my son." Frankie didn't mention the new trails to him, but they were both pleased to have some off road trails new to their home.

And special thanks to Deputy Mayor Anthony Adams and Wayne County Commissioner Alicia Bell for attending the event and being so supportive. Commissioner Bell also presented us with a county resolution recognizing the MMBA and all the work we're doing at Rouge Park. The only negative from the weekend? The Porta-potties were put at the wrong intersection of Tireman and Outer Drive, just a short walk away.



One of the rock gardens spruced up after the ceremony

MEMBER SHOPS

The stores and services listed below are MMBA Members as of September 1st 2005. Those listed in bold text give 10% discounts to members!

Allen Park

Roll Models Cycle & Fitness
(313) 382-1990

Augusta

Custer Cyclery
(269) 731-3492

Ann Arbor

Two Wheel Tango
(734) 528-3030
www.twowheeltango.com

Beulah

Bent Crank Cyclery
(231) 882-7793

Brighton

K2 Bike
(810) 632-6325
www.k2bike.com

Dexter

Dexter Bike and Sport
(734) 426-5900
www.dexterbikeandsport.com

East Lansing

Denny's Cycle Sports
(517) 351-2000

Flint

Assenmacher's Hill Road Cycling
(810) 232-2994
www.assenmachers.com

Infiterro Sports LLC

Flint

Sunrise Sports
(810) 629-3760
www.sunrisesports.com

Grand Haven

Rock 'n' Road Cycle
616-846-2800

Gaylord

Latitude 45 Cycle & Sport
(989) 731-4540
www.lat45sport.com

Grayling

The Bicycle Shop
(989) 348-6868

Harbor Springs

Touring Gear Bicycle Shop
(231) 526-7152
www.touringgearbicycles.com

Hazel Park

Continental Bike Shop
248-545-1225

Holland

Velo City Cycles
616-355-2000

Jackson

On 2 Wheels, Inc.
517-789-6077

Pedal and Tour Cycling & Fitness
(800) 298-5781
www.pedalandtour.com

Jenison

Village Bike Shop Ltd.
(616) 457-1670

Lake Orion

Paint Creek Bicycles
(248) 693-9620

Lansing

Eric's Cycling & Fitness Center
(517) 882-7003

Muskegon

Breakaway Bicycles
231.799.0008

Okemos

Central Park Bicycles
(517) 349-8880

Owosso

House of Wheels, Inc.
(989) 725-8373

Oxford

Main Street Bicycles
(248) 236-9100

Plymouth

Trail's Edge Cyclery
(2734) 420-1200
www.trails-edge.com

Pontiac

Scarlett's Bike & Fitness
(248) 333-7843
www.scarlettsbikeandfitness.com

Port Huron

The Bicycle & Fitness Barn
(810) 987-2523

Portage

Breakaway Bicycles
269.324.5555
www.breakawaybicycles.com

Rochester

Rochester Bike Shop
(248) 652-6376

Shelby Township

Main Street Bicycles
(586) 677-7755

Southfield

Steve's Specialty Sports
(248) 642-6676

Traverse City

Brick Wheels
(616) 947-4274
www.brickwheels.com

City Bike Shop Inc.
(231) 947-1312

Modern Extreme Sports
(231) 933-7873
www.modernextremesports.com

Warren

Macomb Bike & Fitness
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Please send corrections to BRB@MMBA.ORG or call (248) 349-1937

Below are additional MMBA corporate sponsors.

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<http://comnet.org/tripsforkidsdetroit/>

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www.keweenawadventure.com

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Slingshot Bicycle Co.
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www.sportcrafters.com

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Okemos, MI
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www.zzunderwaterworld.com

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www.co.oakland.mi.us

Tailwind Enterprises
Davisburg, MI - (248) 634-6178
www.tailwind.net

Zoo-De-Mackinac "Bike Bash"
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(248) 549-1072
www.zoo-de-mack.com

Visitor Bureaus

Grayling Area Visitors Bureau
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Want to get published in the BRB? The BRB welcomes submissions and artwork from MMBA members. This is your newsletters so send stuff! Email your story ideas, stories and photos to brb@mmba.org. If you can't email items or have questions call Bryan Mitchell at 248-349-1937. Keep the stories short and about Michigan or Michigan Riders. Email copy in the body of the email with no formatting or better yet in a Microsoft Word document, again with no formatting.

Photo guidelines: Make sure photos are in focus, the subject is fairly close and they are interesting. Also try to make sure faces are lit well. Email photos to bryan@bryanmitchell.com. Keep the files large. Try to send sizes of at least 5X7 at a resolution of 300ppi. (2000X2000 pixels and a file size of at least 2 mb) Email photos as JPEG attachments and don't imbed them in documents like Microsoft Word. (make sure they have .jpg at the end of the file name).

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